

Sammy Salmon

Makes: 14 or 56 Servings

14 Servings

56 Servings

Ingredients	Weight	Measure	Weight	Measure
Salmon fillets, fresh or frozen (or flounder, fresh or frozen)	2 lbs		8 lbs	
Soy sauce		1/4 cup		1 cup
Brown sugar		2 Tbsp		1/2 cup
Canola oil		2 Tbsp		1/2 cup
Sesame Oil		2 tsp		8 tsp
Lemon juice (fresh 1 lemon 2 lemons 4 lemons 8 lemons or bottled)		2 lemons (3 Tbsp)		8 lemons (12 Tbsp)
Pepper, black		2 tsp		8 tsp
Brown rice, dry		2 cups		8 cups

Nutrition Information

Nutrients	Amount
Calories	242
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	40 mg
Sodium	321 mg
Total Carbohydrate	23 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Combine soy sauce, brown sugar, canola oil, sesame oil, lemon juice and pepper in resealable plastic bag.
2. Add salmon to bag and shake to coat. Refrigerate for at least 3 hours.
3. Preheat broiler and line broiler pan with foil.
4. Place salmon on pan and brush with vegetable oil.
5. Broil 5-7 minutes or until salmon is a pale pink color.
6. Reheat sauce in saucepan over medium heat and serve on side if desired.
7. Serve 1-1/2 oz salmon over 1/2 cup rice.

Notes

Serving Tips:

Letting the salmon marinate overnight increases the richness of flavor when it's cooked. Salmon is a great source of heart-healthy fats.

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware